



SAFETY TALK

INTERNATIONAL SELF-CARE DAY

JULY 24, 2024

International Self-Care Day raises awareness about the importance of self-care and the role it plays in leading a healthy lifestyle. **Self-care** is any action that an individual takes to help them live well and improve their physical and mental health. Self-care lowers risk of illness, helps to manage stress, improves sleep, and increases self-esteem and confidence

The date for International Self-Care Day (7/24) is a reminder that the benefits of self-care are experienced 7 days a week, 24 hours a day.



WHAT ARE EXAMPLES OF SELF-CARE?



Going for coffee or tea with a friend
Tidying your house or living space

Journaling



Moving your body



Spending time outside



Eating well balanced meals
Getting enough rest and sleep
Learning something new

Practicing meditation or mindfulness



Unplugging from social media

Doing a hobby you enjoy



WHAT ARE STRATEGIES TO MAKE TIME FOR SELF-CARE?

Schedule dedicated times for self-care.

Incorporate wellness and self-care into other activities (i.e. journaling or practicing mindfulness during a break at work).

Choose self-care activities that are **sustainable and work for you** and your schedule: *even small acts of self-care can make a big difference.*

Start small: Try 10 seconds of deep breathing or a 30 second technology time out (and allow yourself to sit in silence).



Be kind to yourself—not everyone has the same 24 hours, so self-care looks different for everyone.

DATE: _____
FACILITY: _____

SAFETY TALK LEAD BY: _____
DEPARTMENT: _____

DISCUSSION QUESTIONS:

WHAT ARE EXAMPLES OF SELF-CARE?

WHAT ARE STRATEGIES TO MAKE TIME FOR SELF-CARE?

WHY IS SELF-CARE IMPORTANT?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>